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Nutritive Value of USDA-Donated Foods for Schools and Institutions

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Formerly Nutritive Value of USDA-Donated Foods

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For more than 40 years, a solid partnership between American agriculture and the Nation's schools has helped feed hungry schoolchildren. The Food Distribution Program donates USDA commodities to schools and institutions for use in nutritious, low-cost meals while, at the same time, strengthening the agricultural economy.

There is much interest to know as much as possible about the nutritional quality of today's school meals and the donated food items that make up part of these meals. Are you curious about the nutritional content of a 2-ounce portion of cooked ground turkey? A 1/4-cup serving of whole-kernel corn? A 1/2-cup serving of cooked macaroni?... or any other USDA-donated commodity food? Answers to such questions are in the following sections, based on school lunch meal components:

Table 1: Meat and Meat Alternates

Table 2: Vegetables and Fruits

Table 3: Bread and Bread Alternates

Table 4: Other Foods

Nutritional information provided in the tables can be shared with your staff and students as a nutrition education activity. Use the tables as a menu planning guide. Menus can be planned and foods selected based on nutritional value.

Commodity foods are listed in alphabetical order within each section. Descriptive words follow each commodity name, such as, "Beans, Green, canned, drained solids (heated)." This explains that the nutritive values represent canned green beans that have been heated and drained.

Most of the commodity foods are listed in a ready-to-eat form. The nutrient values are based on the edible portion and/or part of the food that is customarily eaten. Staple commodities such as flour, shortening, and cornmeal are listed in the dry form.

The approximate weight or measure for each food is in common units or amounts that correspond to the minimum quantities listed in Group I on the School Lunch Pattern chart. The amount may be in ounces, fractions of a cup, tablespoons, or a piece of a given size. Nutritive values of other serving sizes may be calculated to meet other meal pattern requirements. For example, the values for ground turkey are given for a 1-ounce portion. For the nutritive values of ground turkey for a 2-ounce serving listed in Group IV, simply multiply the given values by 2. The nutritive values for most fruits and vegetables are listed for 1/4 cup. To obtain the value for 1/2 cup, multiply the given values by 2.

The following tables provide nutritive values for food energy (calories), protein, carbohydrate, fat, cholesterol, five vitamins, and five minerals. Nutrient values of meat are for meat that has been cooked and drained of drippings. The percentage of fat, such as for ground beef (no more than 22 percent) refers to the amount of fat in the product before cooking. Values for canned meat products, such as canned pork, beef, and chicken, are based on the removal of visible fat according to suggested directions. Nutritive values are given for cooked vegetables, dry beans, pasta, and rice with no salt or fat added. Values for instant mashed potatoes, prepared from dehydrated flakes, have been calculated from the recipe printed on the commodity label.

All USDA-purchased foods must satisfy formulation specifications that insure the commodities are comparable to or better than products commercially available. For example, specifications require that canned fruits be packed in light syrup or fruit juice, rather than in heavy syrup.

If you are interested in the nutrient content of foods other than USDA-donated commodities, there are several publications available from the U.S. Department of Agriculture, Human Nutrition Information Service. For a list of these, write to the U.S. Department of Agriculture, Human Nutrition Information Service, Hyattsville, Maryland 20782.

¹Nutritive values are from USDA Nutrient Data Base for Standard Reference Release No. 9. Other data approved for this publication were reviewed by the Nutrient Data Research Branch, Human Nutrition Information Service, USDA.

SCHOOL LUNCH PATTERNS FOR VARIOUS AGE/GRADE GROUPS

U.S. Department of Agriculture, National School Lunch Program

USDA recommends, but does not require, that portions be adjusted by age/grade group to better meet the food and nutritional needs of children according to their ages. If portions are adjusted, Groups I-IV are minimum requirements for the age/grade groups specified. If portions are not adjusted, the Group IV portions are the portions to serve all children.

U.S. Department of Agriculture, National School Lunch Program		Minimum Quantities				Recommended Quantities	Specific Requirements
Food Components	Food Items	Preschool		Grades K-3	Grades 4-12	Grades 7-12	
		ages 1-2 (Group I)	ages 3-4 (Group II)	ages 5-8 (Group III)	age 9 and over (Group IV)	age 12 and over (Group V)	
MEAT OR MEAT ALTERNATE (quantity of the edible portion as served)	A serving of one of the following or a combination to give an equivalent quantity:						<ul style="list-style-type: none">• Must be served in the main dish or the main dish and only one other menu item• Vegetable protein products, cheese alternate products, and enriched macaroni with fortified protein may be used to meet part of the meat or meat alternate requirement. Food and Nutrition Service fact sheets on each of these alternate foods give detailed instructions for use
	Lean meat, poultry, or fish	1 oz	1½ oz	1½ oz	2 oz	3 oz	
	Cheese	1 oz	1½ oz	1½ oz	2 oz	3 oz	
	Large egg(s)	½	¾	¾	1	1½	
	Cooked dry beans or peas	¼ cup	⅜ cup	⅜ cup	½ cup	¾ cup	
	Peanut butter or other nut or seed butters	2 Tbsp	3 Tbsp	3 Tbsp	4 Tbsp	6 Tbsp	
	Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidance, meet no more than 50% of the requirement and must be combined in the meal with at least 50% of other meat or meat alternates (1 oz of nuts/seeds = 1 oz of cooked lean meat, poultry, or fish)	½ oz = 50%	¾ oz = 50%	¾ oz = 50%	1 oz = 50%	1½ oz = 50%	
VEGETABLE OR FRUIT	2 or more servings of vegetables or fruits or both to total	½ cup	½ cup	½ cup	¾ cup	¾ cup	<ul style="list-style-type: none">• No more than one-half of the total requirement may be met with full-strength fruit or vegetable juice• Cooked dry beans or peas may be used as a meat alternate or as a vegetable, but not as both in the same meal.
BREAD OR BREAD ALTERNATE	Servings of bread or bread alternate	5 per week	8 per week	8 per week	8 per week	10 per week	<ul style="list-style-type: none">• Enriched macaroni with fortified protein may be used as a meat alternate or as a bread alternate, but not as both in the same meal <p>NOTE: Food Buying Guide for Child Nutrition Programs, Program Aid No. 1331 (1984), provides the information for the minimum weight of a serving.</p>
	Must be enriched or whole-grain. A serving is a slice of bread or an equivalent serving of biscuits, rolls, etc., or ½ cup of cooked rice, macaroni, noodles, other pasta products or cereal grains, or a combination of any of the above	minimum of ½ serving per day	minimum of 1 serving per day	minimum of 1 serving per day	minimum of 1 serving per day	minimum of 1 serving per day	
MILK (as a beverage).	Fluid whole milk and fluid unflavored lowfat milk must be offered	¾ cup (6 fl oz)	¾ cup (6 fl oz)	½ pint (8 fl oz)	½ pint (8 fl oz)	½ pint (8 fl oz)	

SCHOOL BREAKFAST MEAL PATTERN

MEAL COMPONENTS	MINIMUM QUANTITIES			USDA Recommendation
	Ages 1-2	Ages 3,4,5	Grades K-12	
MILK - A serving of fluid milk	1/2 cup	3/4 cup	1 cup	Lowfat, skim, or buttermilk for children over the age of 2
FRUIT/VEGETABLE - Fruit and/or vegetable or full-strength juice	1/4 cup	1/2 cup	1/2 cup	A juice or fruit or vegetable that is a good source of Vitamin C

CHOOSE ONE SERVING FROM EACH OF THE FOLLOWING COMPONENTS OR TWO SERVINGS FROM ONE COMPONENT

BREAD/BREAD ALTERNATES One of the following or an equivalent combination: - Whole-grain or enriched bread - Whole-grain or enriched biscuit, roll, muffin, etc. - Whole-grain, enriched, or fortified cereal	1/2 slice	1/2 slice	1 slice	See <i>Food Buying Guide for Child Nutrition Programs</i> , PA-1331, for serving sizes (whichever is less)
	1/2 serving	1/2 serving	1 serving	
MEAT/MEAT ALTERNATES One of the following or an equivalent combination: - Lean meat, poultry, or fish - Cheese - Large egg - Peanut Butter or other nut or seed butters - Cooked dry beans/peas - Nuts and/or seeds	1/4 cup or 1/3 ounce	1/3 cup or 1/2 ounce	3/4 cup or 1 ounce	No more than 1 ounce of nuts or seeds may be served in any one meal.
	1/2 ounce	1/2 ounce	1 ounce	
	1/2 ounce	1/2 ounce	1 ounce	
	1/2 egg	1/2 egg	1/2 egg	
	1 Tbsp	1 Tbsp	2 Tbsp	
	2 Tbsp	2 Tbsp	4 Tbsp	
	1/2 ounce	1/2 ounce	1 ounce	



TABLE 1
MEAT AND MEAT ALTERNATES

Commodity Description	Approximate Weight/ Measure	Food Energy	Protein	Carbohydrate	Fat	Cholesterol	Vitamin A
		Calories	grams	grams	grams	milligrams	International Units
(1) Almonds, shelled, unblanched	1 oz	165	5.6	5.8	14.8	0	0
(2) Almond Butter	2 Tbsp	202	4.8	6.8	18.9	0	0
(3) Beans, Lima, dry, canned, drained solids (heated)	1/4 cup	40	2.3	7.8	0.1	0	61
(4) Beans, Lima, dry (cooked)	1/4 cup	65	3.9	12.2	0.3	0	0
(5) Beans, Red, dry, canned (Kidney) solids and liquid (heated)	1/4 cup	55	3.6	10.5	0.3	0	2
(6) Beans, Red, dry (cooked) (Kidney)	1/4 cup	55	3.6	9.9	0.2	0	2
(7) Beans, Refried, canned (heated)	1/4 cup	67	3.9	11.7	0.7	0	0
(8) Beans, Vegetarian, canned (heated)	1/4 cup	60	3.1	13.1	0.3	0	82
(9) Beans, White, dry (cooked) (Navy)	1/4 cup	55	3.7	10.0	0.3	0	0
(10) Beef, canned with natural juices (heated)	1 oz	42	5.7	0	2.1	12	13
(11) Beef, Ground, frozen (nte 22% fat) (cooked)	1 oz	76	6.8	0	5.2	22	0
(12) Beef, Ground, frozen (nte 24% fat) (cooked)	1 oz	80	6.9	0	5.8	24	0
(13) Beef, Ground, patty (nte 24% fat) (cooked) (3 oz raw)	1 patty	165	13.8	0	11.7	49	0
(14) Beef, Ground, patty with VPP frozen (cooked) (2 oz)	1 patty	142	14.1	3.9	7.8	19	0
(15) Beef Roast (11% fat) (cooked)	1 oz	75	8.1	0	4.4	27	6
(16) Cheese, American Pasteurized Process	1 oz	105	6.3	0.4	8.9	27	343
(17) Cheese, Cheddar	1 oz	115	7.1	0.4	9.4	30	300
(18) Cheese, Mozzarella (part-skim milk)	1 oz	70	6.9	0.8	4.5	16	166

nte = not to exceed

*Value for product without added salt.

Vitamin C milligrams	Thiamin milligrams	Riboflavin milligrams	Niacin milligrams	Iron milligrams	Calcium milligrams	Phosphorus milligrams	Sodium milligrams	Potassium milligrams
0.2	0.06	0.22	0.95	1.0	75	147	3	208
0.2	0.04	0.20	0.92	1.2	86	168	4	242
1.5	0.01	0.02	0.21	1.0	12	30	100	94
0	0.06	0.03	0.33	1.5	14	73	1	291
0	0.03	0.02	0.38	1.2	18	70	2*	168
0	0.05	0.02	0.32	1.1	18	65	1	157
2.8	0.03	0.03	0.20	1.1	29	53	267	248
1.2	0.09	0.03	0.26	0.2	32	66	253	189
0	0.06	0.03	0.33	1.3	24	70	3	198
0	Trace	0.03	Trace	0.7	1	50	118	86
0	0.01	0.05	1.21	0.6	3	36	16	63
0	0.02	0.06	1.53	0.6	2	53	23	87
0	0.03	0.13	3.06	1.2	4	107	45	175
0	0.02	0.05	1.30	2.0	20	109	27	198
0	0.02	0.05	1.59	1.0	3	71	20	91
0	0.01	0.10	0.02	0.1	175	211	406	46
0	0.01	0.11	0.02	0.2	204	145	176	28
0	Trace	0.09	0.03	0.1	183	131	132	24

TABLE 1 (CONTINUED)
MEAT AND MEAT ALTERNATES

Commodity Description	Approximate Weight/ Measure	Food Energy	Protein	Carbohydrate	Fat	Cholesterol	Vitamin A
		Calories	grams	grams	grams	milligrams	International Units
(19) Chicken, canned with natural juices (heated)	1 oz	50	6.2	0	2.2	18	33
(20) Chicken, cut-up, frozen (roasted with skin)	1 oz	70	7.7	0	3.9	25	34
(21) Chicken, fried, batter-dipped (breast meat and skin) (cooked)	1 oz	74	7.0	2.6	3.7	24	14
(22) Chicken meat, frozen diced (cooked)	1 oz	51	8.3	0	1.8	26	12
(23) Chicken parts, frozen batter/breaded (cooked)	1 breast portion (3.7 oz)	273	26.0	9	13.0	89	53
(24) Chicken Thigh (roasted)	1 oz	70	7.1	0	4.4	26	35
(25) Egg Mix, dried	1 oz	160	10.0	5.3	10.6	291	504
(26) Eggs, whole, frozen	3 Tbsp (1 large egg)	75	6.3	0.6	5.0	213	317
(27) Fish Nuggets, Alaska Pollock breaded, fried, frozen	1 serving 5 @ (.08 oz) ea.	290	18.3	22.9	13.4	121	85
(28) Ham, boneless frozen (cooked)	1 oz	50	6.4	0	2.6	17	0
(29) Lentils (cooked)	1/4 cup	55	3.9	9.6	0	0	8
(30) Peanut Butter, smooth or crunchy	2 Tbsp	190	9.1	5.1	16.4	0	0
(31) Peanut Granules/Roasted Peanuts, unsalted	1 oz	165	7.6	5.2	13.9	0	0
(32) Peas, Blackeye, dry (cooked)	1/4 cup	50	3.2	8.6	0.2	0	5
(33) Peas, Split, dry (cooked)	1/4 cup	60	4.0	10.4	0.2	0	15
(34) Pork, canned with natural juices (heated)	1 oz	41	5.4	0	2.2	12	0
(35) Pork, Ground (24% fat) (cooked)	1 oz	85	6.9	0	6.3	27	1
(36) Salmon, Pink, canned	1 oz	40	5.8	0	1.7	10	20

Vitamin C	Thiamin	Riboflavin	Niacin	Iron	Calcium	Phosphorus	Sodium	Potassium
milligrams	milligrams	milligrams	milligrams	milligrams	milligrams	milligrams	milligrams	milligrams
0.6	Trace	0.04	1.80	0.4	4	32	38	39
0	0.01	0.03	2.41	0.4	4	52	23	63
0	0.03	0.03	2.98	0.4	6	52	78	57
0	0.02	0.05	2.81	0.3	4	58	24	71
0	0.10	0.12	11.04	1.4	21	194	288	211
0	0.02	0.05	1.80	0.4	3	49	24	63
0.5	0.08	0.33	0.12	1.2	141	190	237	225
0	0.03	0.25	0.04	0.7	25	89	63	60
Trace	0.12	0.15	2.29	1.7	54	199	312	558
6.4	0.21	0.09	1.74	0.4	2	80	425	116
0	0.03	0.03	0.30	1.0	12	60	6	124
0	0.05	0.03	4.30	.06	11	120	150	219
0	0.08	0.03	4.20	0.5	24	143	4	199
0	0.09	0.02	0.25	0.8	11	59	5	143
0	0.07	0.04	0.45	0.8	6	44	6	148
0	0.01	0.05	0.62	0.2	1	49	111	94
0	0.16	0.06	1.70	0.3	2	68	16	88
0	0.01	0.05	2.27	0.2	56	81	110	102

TABLE 1 (CONTINUED)
MEAT AND MEAT ALTERNATES

Commodity Description	Approximate Weight/ Measure	Food Energy	Protein	Carbohydrate	Fat	Cholesterol	Vitamin A
		Calories	grams	grams	grams	milligrams	International Units
(37) Tuna, Chunk Light, canned in water	1 oz	33	6.4	0	0.2	8	16
(38) Turkey Roast, frozen (light and dark meat, roasted)	1 oz	45	6.0	0.9	1.6	15	0
(39) Turkey, whole (roasted with skin)	1 oz	60	8.0	0	2.8	23	0
(40) Turkey, Ground, frozen (11% fat) cooked	1 oz	65	6.9	0	3.9	20	0
(41) Walnuts, English, shelled	1 oz	180	4.1	5.2	17.6	0	35

Vitamin C	Thiamin	Riboflavin	Niacin	Iron	Calcium	Phosphorus	Sodium	Potassium
milligrams	milligrams	milligrams	milligrams	milligrams	milligrams	milligrams	milligrams	milligrams
0	0.01	0.02	3.76	0.4	3	46	96	67
0	0.01	0.04	1.78	0.4	1	69	193	84
0	0.01	0.04	1.44	0.5	7	58	19	79
0	0.01	0.05	1.37	0.5	7	56	24	77
0.9	0.11	0.04	0.30	0.7	27	90	3	142



TABLE 2
VEGETABLES AND FRUITS

Commodity Description	Approximate Weight/ Measure	Food Energy	Protein	Carbohydrate	Fat	Cholesterol	Vitamin A
		Calories	grams	grams	grams	milligrams	International Units
(1) Apple, raw with skin (2-3/4" diameter)	1 apple	80	0.3	21.1	0.6	0	73
(2) Apples, sliced, canned	1/4 cup	24	0.2	12.2	0.4	0	34
(3) Applesauce (sweetened) canned	1/4 cup	50	0.1	12.7	0.1	0	7
(4) Apricots (whole or halves) canned in light syrup	1/4 cup	40	0.3	10.4	0.1	0	836
(5) Beans, Green, canned, drained solids (heated)	1/4 cup	5	0.4	1.5	Trace	0	113
(6) Beans, Green, frozen (cooked)	1/4 cup	10	0.5	2.1	Trace	0	180
(7) Blackberries, frozen	1/4 cup	24	0.4	5.9	0.2	0	43
(8) Blueberries (unsweetened) frozen	1/4 cup	20	0.2	4.7	0.2	0	31
(9) Cherries (sweetened) red, tart, pitted, frozen	1/4 cup	50	0.3	12.1	0.2	0	337
(10) Corn, Whole-Kernel, canned, drained solids (heated)	1/4 cup	35	1.1	7.6	0.4	0	61
(11) Corn, Whole-Kernel frozen (cooked)	1/4 cup	34	1.3	8.4	0.3	0	102
(12) Date Pieces	1/4 cup	122	0.9	32.7	0.2	0	17
(13) Fig Nuggets	1/4 cup	121	0.9	26.6	1.7	0	0
(14) Figs, Dried, Whole	1/4 cup	70	0.8	19.4	0.3	0	104
(15) Lemon Juice Concentrate, reconstituted	1/4 cup	15	0.2	4.0	0.2	0	9
(16) Mixed Fruit, canned in light syrup (Peaches, Pears, and Grapes)	1/4 cup	35	0.2	8.8	Trace	0	114
(17) Mixed Vegetables, frozen (cooked) (Carrot, Corn, and Green Peas)	1/4 cup	25	1.2	5.6	0.1	0	2997
(18) Peaches, canned in light syrup	1/4 cup	35	0.2	9.2	0	0	222

Vitamin C	Thiamin	Riboflavin	Niacin	Iron	Calcium	Phosphorus	Sodium	Potassium
milligrams	milligrams	milligrams	milligrams	milligrams	milligrams	milligrams	milligrams	milligrams
7.9	0.02	0.02	0.11	0.3	10	10	0	159
0	0.01	0.01	0.05	0.1	4	7	1	79
1.1	0.01	0.02	0.12	0.3	3	4	2	39
1.7	0.01	0.01	0.19	0.2	7	8	2	87
1.2	Trace	0.02	0.04	0.3	9	6	85	37
2.4	0.02	0.02	0.11	0.3	15	8	4	38
1.2	0.01	0.02	0.46	0.3	11	12	Trace	53
1.0	0.01	0.01	0.20	0.1	3	4	Trace	21
0.7	0.02	0.01	0.05	0.2	5	6	Trace	48
2.6	0.01	0.03	0.34	0.4	2	27	132	80
1.0	0.03	0.03	0.53	0.1	1	20	2	57
0	0.04	0.04	0.69	0.5	14	18	1	290
1.5	0.02	0	0.24	1.9	46	0	6	243
2.9	0.03	0.07	0.42	0.6	40	19	3	196
15.1	0.02	Trace	0.12	0.1	7	6	13	62
1.0	0.01	0.01	0.22	0.3	3	4	3	53
1.7	0.04	0.02	0.33	0.3	8	21	21	63
1.5	0.01	0.02	0.37	0.2	2	7	3	61

TABLE 2 (CONTINUED)
VEGETABLES AND FRUITS

Commodity Description	Approximate Weight/ Measure	Food Energy	Protein	Carbohydrate	Fat	Cholesterol	Vitamin A
		Calories	grams	grams	grams	milligrams	International Units
(19) Peaches, Freestone, sliced, frozen	1/4 cup	59	0.4	14.9	0.1	0	202
(20) Pear, raw with skin (2-1/2" diameter 3-1/2" long)	1 pear	100	0.7	25.1	0.7	0	33
(21) Pears, canned in light syrup	1/4 cup	35	0.1	9.5	0	0	0
(22) Peas, Green, canned, drained solids (heated)	1/4 cup	30	1.9	5.4	0.2	0	310
(23) Peas, Green, frozen (cooked)	1/4 cup	30	2.0	5.7	0.1	0	267
(24) Pineapple, canned in light syrup	1/4 cup	35	0.3	8.4	0.1	0	9
(25) Plums, Purple (pitted) canned in light syrup	1/4 cup	40	0.2	10.3	0.1	0	166
(26) Potato (baked with skin)	1/2 large	110	2.3	25.4	0.1	0	0
(27) Potatoes, French Fried, frozen, oven-heated	1/4 cup	62	1.0	9.4	2.4	0	0
(28) Potatoes, Mashed, prepared from instant flakes*	1/4 cup	60	1.0	7.9	2.9	7	71
(29) Potato Rounds (heated)	1/4 cup	70	1.0	9.5	3.3	0	4
(30) Prunes, dried, pitted (cooked without sugar)	1/4 cup	60	0.6	14.9	0.1	0	122
(31) Raisins, seedless	1/4 cup	110	1.2	28.7	0.2	0	3
(32) Sweet Potatoes, canned in syrup, drained solids (heated)	1/4 cup	55	0.6	12.4	0.2	0	2630
(33) Sweet Potatoes, mashed	1/4 cup	64	1.3	14.8	0.1	0	9,643
(34) Tomato Paste, canned (heated)	1 Tbsp	15	0.6	3.1	0.2	0	384
(35) Tomatoes, Crushed, Canned (heated)	1/4 cup	31	1.7	5.6	0.2	0	374
(36) Tomatoes, Whole, canned (heated)	1/4 cup	10	0.5	2.6	0.1	0	344

*Commodity recipe made with whole milk, butter, salt.

Vitamin C	Thiamin	Riboflavin	Niacin	Iron	Calcium	Phosphorus	Sodium	Potassium
milligrams	milligrams	milligrams	milligrams	milligrams	milligrams	milligrams	milligrams	milligrams
59	0.01	0.02	0.41	0.23	1	7	4	81
6.6	0.03	0.07	0.17	0.5	18	18	0	208
0.4	0.01	0.01	0.09	0.2	3	4	3	41
3.1	0.04	0.03	0.20	0.4	9	28	93	74
3.4	0.10	0.04	0.47	0.6	10	36	35	67
4.7	0.06	0.02	0.18	0.3	9	4	1	66
0.2	0.01	0.02	0.19	0.6	6	8	13	59
9.8	0.10	0.03	1.33	1.4	10	58	8	422
1.8	0.03	0.01	0.32	0.4	3	24	9	127
4.6	0.05	0.02	0.18	0.1	26	29	174	122
1.3	0.06	0.02	0.34	0.5	9	15	231	118
1.2	0.01	0.05	0.27	0.6	12	19	1	177
1.2	0.06	0.03	0.30	0.8	18	35	4	272
4.8	0.01	0.02	0.12	0.4	8	12	19	95
3.3	0.02	0.06	0.61	0.8	19	33	48	134
6.6	0.02	0.03	0.48	0.5	6	13	11	153
16.8	0.06	0.05	1.3	1.0	15	51	311	501
8.6	0.03	0.02	0.40	0.4	16	11	98	133



TABLE 3
BREAD AND BREAD ALTERNATES

Commodity Description	Approximate Weight/ Measure	Food Energy Calories	Protein grams	Carbohydrate grams	Fat grams	Cholesterol milligrams	Vitamin A International Units
(1) Bulgur (Cracked Wheat), dry	3 Tbsp (1 oz)	100	2.9	22.1	0.3	0	0
(2) Corn Grits (cooked)	1/2 cup	75	1.7	15.7	0.2	0	0
(3) Cornmeal	3 Tbsp (1 oz)	105	2.2	22.2	0.3	0	125
(4) Flour, All-Purpose	3-1/2 Tbsp (1 oz)	105	3.0	21.6	0.3	0	0
(5) Flour, Bread	3-1/2 Tbsp (1 oz)	102	3.4	20.6	0.5	0	0
(6) Flour, Soft Wheat	1 oz	3	2.5	11.9	0.3	0	0
(7) Flour, Whole-Wheat	3-3/4 Tbsp (1 oz)	95	3.8	20.1	0.6	0	0
(8) Macaroni, Spaghetti, and Rotini (spirals), enriched	1/2 cup	80	2.4	16.1	0.3	0	0
(9) Oats, Quick, rolled (cooked)	1/2 cup	75	3.2	13.3	1.2	0	15
(10) Rice, Brown (cooked)	1/2 cup	115	2.4	24.9	0.6	0	0
(11) Rice, White, enriched (cooked)	1/2 cup	110	2.0	24.8	0.1	0	0
(12) Wheat, Quick, rolled (cooked)	1/2 cup	75	2.4	16.6	0.5	0	0

*Values for enriched flour.

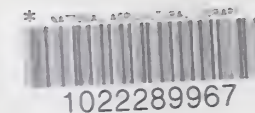
Vitamin C milligrams	Thiamin milligrams	Riboflavin milligrams	Niacin milligrams	Iron milligrams	Calcium milligrams	Phosphorus milligrams	Sodium milligrams	Potassium milligrams
0	0.08	0.03	1.19	1.3	10	85	1	88
0	0.12	0.06	0.98	0.7	0	14	0	27
0	0.12	0.07	0.99	0.8	2	28	Trace	34
0	0.18	0.11	1.50	0.8	4	25	1	27
0	0.23	0.15	2.14	1.3	4	28	1	28
0	0.28	0.11	2.10	2.3*	4	26	1	33
0	0.16	0.03	1.22	0.9	12	105	1	105
0	0.07	0.03	0.77	0.6	6	35	1	43
0	0.14	0.02	0.16	0.9	10	94	1	69
0	0.08	0.02	1.36	0.5	12	71	3	68
0	0.10	0.01	1.02	1.4	10	29	2	29
0	0.08	0.06	1.08	0.7	8	84	0	86



TABLE 4
OTHER FOODS

Commodity Description	Approximate Weight/ Measure	Food Energy	Protein	Carbohydrate	Fat	Cholesterol	Vitamin A
		Calories	grams	grams	grams	milligrams	International Units
(1) Butter	1 tsp	35	Trace	Trace	3.8	10	143
(2) Honey	1 Tbsp	65	0.1	17.3	0	0	0
(3) Nonfat Dry Milk, regular (noninstant)	7/8 oz*	90	9.0	12.9	0.2	5	9
(4) Tomato Catsup, canned	1 Tbsp	15	0.3	3.8	0.1	0	210
(5) Vegetable Oil	1 Tbsp	120	0	0	13.6	0	0
(6) Vegetable Shortening	1 Tbsp	115	0	0	12.8	0	0

*Weight of nonfat dry milk to make 1 cup reconstituted milk.



Vitamin C milligrams	Thiamin milligrams	Riboflavin milligrams	Niacin milligrams	Iron milligrams	Calcium milligrams	Phosphorus milligrams	Sodium milligrams	Potassium milligrams
0	0	Trace	Trace	Trace	1	1	39	1
0.2	Trace	0.01	0.06	0.1	1	1	1	11
1.7	0.1	0.38	0.24	0.1	312	240	133	445
2.2	0.01	0.01	0.24	0.1	3	8	156	54
0	0	0	0	0	0	0	0	0
0	0	0	0	0	0	0	0	0

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